

IN THE CLAIMS:

³⁵ ~~33~~. (New) A system for teaching a person the proper way to swing a baseball bat comprising:

a batting swing trainer including a shaft having first and second ends, a handle attached to the first end of the shaft, a head attached to the second end of the shaft, and a graspable slide sized to accommodate all of the fingers of a user's hand for striking the head to produce an audible signal, the slide being mounted on the shaft for axial sliding movement between the handle and the head,

a stop attached adjacent the handle, and

the graspable slide having first and second ends and including first and second buffers at its first and second ends, the first buffer limiting movement of the graspable slide toward the handle by contacting the stop adjacent the handle and the second buffer limiting movement of the graspable slide toward the head by contacting the head.

101 ³⁶ ~~34~~. (New) The system of claim 33 in which the shaft has a substantially uniform circumference.

³⁷ ~~35~~. (New) The system of claim 33, wherein the shaft is hollow and a weighted member is secured within the shaft.

³⁸ ~~36~~. (New) The system of claim 35, wherein the weighted member is a solid rod.

³⁹ ~~37~~. (New) The system of claim 35 including a plurality of rods for securing within the shaft, the rods being of varying weight and length depending on the needs and demands of the user and the length of the shaft.

⁴⁰ ~~38~~. The system of claim 33 including interchangeable heads of differing weights.

⁴¹ ~~39~~. The system of claim 38, wherein the interchangeable heads have weights selected from the group consisting of 12, 16, 20, 26, and 32 ounces.

~~42~~ 40. The system of claim 33 in which the head is adapted to receive a cap and caps of differing weights are provided.

~~43~~ 41. The system of claim 33, wherein the handle is covered with a leather wrap, foam grip or other suitable material and the slide is covered with a leather wrap, foam grip or other suitable material to match the covering of the handle.

~~44~~ 42. The system of claim 33, wherein the system includes handles of differing sizes and weights and the handles are removable and interchangeable with other handles of differing sizes and weights.

~~45~~ 43. The system of claim 33, wherein the stop comprises a ring secured to the shaft.

~~46~~ 44. The system of claim 33, wherein the stop comprises first and second portions adapted to fit together to form a ring around the shaft.

~~47~~ 45. The system of claim 33, wherein the buffers are rings affixed to the distal ends of the graspable slide.

~~48~~ 46. The system of claim 33, wherein the handle and slide have substantially the same diameter.

~~49~~ 47. The system of claim 33, wherein the shaft and the handle are constructed substantially of aluminum.

~~50~~ 48. The system of claim 33, wherein the shaft and handle are constructed substantially of a metal alloy.

~~51~~ 49. The system of claim 33 in which mechanical or electronic means are used to emit the audible signal.

52/50. A system for teaching a person proper hand placement and body movement, optimal acceleration, and techniques for producing maximum power in hitting a ball with a bat comprising:

providing a batting swing trainer including a shaft having first and second ends, a handle attached to the first end of the shaft, a head attached to the second end of the shaft, and a graspable slide mounted on the shaft for axial sliding movement between the handle and the head, the shaft having a stop attached thereto adjacent the handle and the graspable slide having first and second ends and including first and second buffers at its first and second ends,

gripping the handle with one hand and gripping the slide with all fingers of the other hand in a batting grip while keeping both elbows bent,

repeatedly swinging the trainer while simultaneously axially sliding the slide from a first position where the slide is adjacent to the second end of the shaft to a second position where the slide is adjacent the stop; and

periodically testing the teaching progress by placing the slide in the first position and gripping the handle in a manner similar to a conventional bat with both hands on the handle, and swinging the trainer as if it were a conventional bat while allowing the slide to move along the shaft from the handle area until it strikes the head, whereby the sound emitted when the slide strikes the head audibly informs the user of the force of the swing and the teaching progress.

53/51. The system of claim 50, wherein the person swings the bat head outwardly and away from the person's body.

52/52. The system of claim 50, wherein the hand gripping the handle is adjacent to the stop.

53/53. The system of claim 50, wherein the person initially grips the handle adjacent to the stop.